

**Eat Healthy and Feel GREAT!**

**Come join “CREATE YOUR WEIGHT”**

## **Nutrition Wellness Program**

**6-7pm, Tuesdays**

**\$60 for 10 week program**

**Women and Infants Hospital**

***Next Session  
Begins  
February 11th***

### **Topics Include:**

**Balanced Meal and Snack planning ~ Exercise**

**Whole Grains ~ Mindful Eating ~ Dining Out**

**Portion Control ~ Healthy vs. Unhealthy Fats**

**Vitamins ~ Food Shopping & Label Reading**

**Dining Out ~ Recipe Modification**

**To sign up contact:**

**Carolyn Kopcha, RD, LDN**

**(401)-274-1122 ext 48753**

**Email: [CKopcha@wihri.org](mailto:CKopcha@wihri.org)**

